

# LACROSSE LITERACY

Experience the Excitement of Lacrosse with Roughnecks & ALA Lacrosse Literacy in School Programing!

Get ready for fast-paced fun with Roughnecks & ALA Lacrosse Literacy! Our program introduces students of all skill levels to the basics of lacrosse with fun, engaging activities that are perfect for every age and ability.

Not only will students learn how to pass, catch, and score, but they'll also develop important physical skills like running, jumping, and throwing—skills that help in any sport. Lacrosse Literacy is more than just a game; it's about building teamwork, sportsmanship, and fair play, helping students grow both on and off the field.

Whether you're new to lacrosse or looking to improve, this program is a great way to have fun, make new friends, and sharpen your skills. Get ready to move, compete, and experience the thrill of lacrosse!

## Program Overview

- Students will learn the fundamentals of lacrosse.
- Programming for students from Kindergarten to Grade 12.
- Discover the rich history of lacrosse and its deep significance in Indigenous culture.
- Strengthen essential physical literacy skills.
- Physical literacy covers A, B, and C (agility, balance, and coordination).
- Experienced, certified instructors specializing in coaching children and youth.

## We Provide

- Instructor-led classes.
- All equipment, including lacrosse sticks and soft foam training balls.
- Progressive lessons Plans.

## Safety Considerations

- We provide soft foam training balls.
- Enjoy non-contact gameplay and practices.
- We only use Certified Lacrosse Coaches as instructors.



## Booking Information:

[albertalacrosse.com](http://albertalacrosse.com)

[Lacrosse Literacy Booking Form](#)

## 2025-2026 Rates:

Half Day Rate	\$350
Full Day Rate	\$500

Every participant will receive a voucher for tickets to a Roughnecks game during the 2024-2025 season—a chance to see the pros in action and be inspired by the very sport they're learning!

Boys & Girls Club Summer Camp  
Sherwood Park

"Thank you very much to you and the coaches for facilitating the lacrosse sessions this summer. The kids had a blast and it was a really wonderful thing for them to learn a new sport. Thank you very much!"

William Reid School

"The students loved the residency! The coaches were great and students had tons of fun."

